

# Are You Up-To-Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you.



✓	Preventive Service	Date	Notes
	One time “Welcome to Medicare” Preventive Visit—within the first 12 months you have Medicare Part B		
	Yearly “Wellness” Visit—get this visit 12 months after your “Welcome to Medicare” preventive visit or 12 months after your Part B effective date		
	Abdominal Aortic Aneurysm Screening		
	Bone Mass Measurement (Bone Density Test)		
	Cardiovascular Screenings (cholesterol, lipids, triglycerides)		
	Colorectal Cancer Screenings		
	Diabetes Screening		
	Diabetes Self-management Training		

✓	Preventive Service	Date	Notes
	Flu Shot		
	Glaucoma Test		
	Hepatitis B Shot		
	HIV Screening		
	Mammogram (screening for breast cancer)		
	Medical Nutrition Therapy Services		
	Pap Test and Pelvic Exam (includes a breast exam)		
	Pneumococcal Shot		
	Prostate Cancer Screenings		
	Smoking Cessation (counseling to stop smoking)		

Your “Medicare & You” handbook has more information about these preventive services, including costs and conditions that may apply. Visit [www.medicare.gov/publications/pubs/pdf/10050.pdf](http://www.medicare.gov/publications/pubs/pdf/10050.pdf).



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